Mechanics. Building. Manual Training.

1. How to make a Fireless Cooker.

WW housewives know of the wonderful possibilities of the fireless cooker? The enormous saving of gas in the city, and getting rid of superfluous heat in the tiny kitchens there, should bring them into general use.

It is worth a good deal to the busy housekeeper to know that her kettles will never boil dry. Hominy and cracked wheat started in the evening, put into the fireless cooker at boiling heat, and left overnight, are found to be perfectly cooked in the morning, heating to the boiling-point before serving being all that is required. All cereals may be treated in the same way. Oatmeal never was cooked too much.

This is the way I made my fireless cooker:

Have a box made with an inside measurement of twenty-six inches long, fourteen inches wide and fourteen inches deep. As the cover will have a constant strain upon it, put two heavy cleats, at least three inches wide, on the inside six inches from either end. When the cover is closed, these cleats will make the pillows fit more closely to the kettles.

Twenty layers of old newspapers overlapped carefully will keep out the air quite as effectually as asbestos and will cost nothing. Great care should be taken, in rounding the corners, not to make a joining there.

The kettles call for the money, for only the best wares are possible for this purpose. However, once bought, they will last indefinitely, for there is no danger of burning the food in them, which often chips the enamel. One kettle ten inches in diameter (the depth will vary according to metal) will accommodate a pail five or six inches in diameter, in which all steamed things, like brown bread and puddings, may be cooked. The other kettle should be eight or eight and one half inches in diameter.

As the packing would become disarranged, it has to be walled in with cloth strong and firm enough to hold the packing in place, such as bedticking, denim or heavy unbleached cotton. Take a piece of the cloth twenty-six and one half by fourteen and one half inches, and on it place the covers of the kettles two and three fourths inches from each end, which will put two and one half inches between them. Have the center of the covers in the middle of the cloth as to width. Draw with a lead-pencil an exact line around each cover, and cut around these lines evenly. Tear off a strip of cloth as many inches wide as the depth of the larger kettle and the exact length to reach around the largest part. Gather and baste onto the larger circular piece just cut out. Stitch with a very small stitch. Now stitch this to the edge of the larger hole, having all seams on the same side. Measure the smaller kettle and do the same with the cloth.

Take a strip two and one half inches wide, and stitch all around this lining, mattress-like. When this is fastened to the box later, with the kettles in their pockets, it will make the space for the pillows.

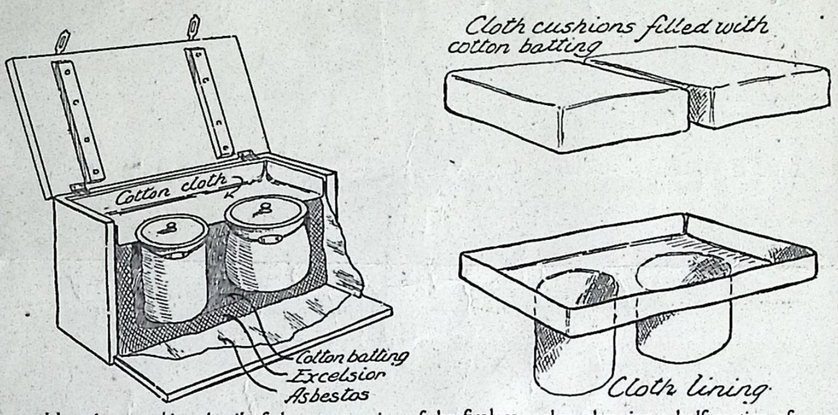
The packing of the box, in order to wear well, must be very carefully done. A thick layer of cotton batting must be tacked next to the packing, all around the sides of the pockets, which should fit the kettles exactly. Put your kettles into their pockets, making the bottom filling of the right depth to place the rims of the kettles two inches from the cover when closed.

Lay your lining back over the kettles while packing the excelsior around them. Be very careful to have the kettles in the exact space planned for them, and make the packing very solid. Also, have the pockets rest on cotton batting above the floor packing. With great care tack first the upper edge of the narrow strip, and then the lower, making sure that the is very taut.

The last and quite important part of the construction of the cooker is the pillows. Cut four squares of cloth fourteen by fifteen inches for two packing pillows. Stitch into each two squares a strip of cloth three inches wide, which will give them square edges to fit together and fill the space above the kettles. Do not stuff the pillows too hard.

The cover of this box must close tight, so great care must be taken in fitting the hinges. Two hasps or hooks hold the cover down. It should take some pressure to crowd down the pillows.

An extremely pleasant feature is the freedom from all odors of cooking. Ham boiled with cabbage, a most toothsome dinner to many, may in this manner be cooked without odor, and the same conditions prevail when New England "boiled dish" is made. Soup stock, with its smell



Here is a working detail of the construction of the fireless cooker, showing a half-section of the completed box with the layers of packing, and the arrangement of the cloth lining.

of onion and celery, is held under cover, as are boiled onions, turnips, etc. In addition to this, by the retention of the steam, vegetables seem to have much richer flavor.

I find in the cooking of meats, a large piece of ham or corned beef, or a pot-roast of beef, all need to have the water reheated to the actual boiling-point once or twice. A large piece of meat should be put on the fire in cold water and brought slowly to a boil. This can be done while getting breakfast, and then it may be put into the fireless cooker. At noon put the kettle over the fire and once more bring to a boil. If it is a very large piece, heat again at three o'clock, when at six o'clock it will be very tender.

No New England family can get along without beans and Boston brown bread.

Put your beans to soak the night before. While getting breakfast, bring them to the boiling-point, with some salt in the water and the salt pork, and put into the fireless cooker. At noon take out the kettle into the sink. Stir in a small teaspoonful of baking-soda. It will foam up and run over. I did this once on my gas-range, but never will again. Drain off all the water, fill up the kettle with water, and drain again.

The beans are now ready for the final seasoning. Be careful not to put too much water on them for this last cooking, as there is absolutely no evaporation; all the water put in remains. For one quart of dry beans so prepared put in two tablespoonfuls of black molasses, one tablespoonful of salt and one level teaspoonful of mustard well dissolved in water.

Brown bread made by the following rule must boil actively one hour and ten minutes before going into the fireless cooker. I make it at noon and have it ready to put into the fireless cooker at the same time I put in the beans for the last time. Both will be equally good, whether you are out till eight o'clock or wish an early dinner.

This is my rule for Boston brown bread: One cupful of corn-meal, one cupful of rye-meal, one cupful of Graham flour, one cupful of molasses, one teaspoonful of salt and one teaspoonful of soda; milk enough to make a stiff batter, like johnny-cake.

Put the molasses in the mixing-bowl, and sift in the soda, to avoid soda-spots in the bread when cooked. Stir in the soda, and allow to stand until the molasses is all light and foamy. Mix together the corn-meal, rye-meal, Graham flour and salt. Gradually stir this mixture into the molasses, adding the milk as you need it, until all is a smooth, stiff batter.

Put the small pail in which the brown bread is to be cooked into the larger kettle, leaving the cover off the bread-pail until ready to put into the fireless cooker, but covering the kettle all the time it is boiling. If the cover is put over the brown-bread pail before the bread has risen it will not be as light.

Don't lose

Come Into the Ligh

ys for baking beans than you can employ a
licious, more digestible. Ways that save

am.

ods which must be factory
wife has the facilities.

among them.

rment and form gas. You
they don't digest.

are mushy and broken—
f baked in the middle.

hat every soul at your table
y, mealy and whole. Give
y will all take Van Camp's.

due to your lack of skill.
acilities.

---

ns; you must use dry heat.
ens to 245 degrees without
an.

cels so the full heat goes
eans get but 100 degrees.

Our beans are all bake
digest. So our beans ar
ferment and form gas.

We bake our tomato
get a delicious blend. Th
lative zest—nutty, mealy

Such beans mean mor

Beans are 23% nitroger
contain more food value
they don't cost one-third

They are appetizing, l
people like them and wa
be served in a score of w

And they are ready t
waiting. Every can in t
meal—fresh and savory—
in ten minutes.

Don't you think it wo
Van Camp's, and learn if

Van Camp's PORK AND BEANS

BAKED WITH TOMATO SAUCE

mp's by other baked beans, for the differen
enth so much trade. None is one-half so

icest of Michigan beans.
the whitest and plumpest.

el for these premier beans,
ns for 30 cents.

rom whole, ripe tomatoes,
ly sparkles. We spend to
ich as some ready-made

No tomatoes picked
canning factory. That is
flavor and zest.

Don't expect cheap be
methods to make such a
someone spoil for you Na

Insist on Van Camp's
sake, how good beans ca

Three sizes: 10, 15 and 20 cents per can.

cking Company, *Established 1861,* Inc